

BRONTE

SURF LIFE SAVING CLUB • 1903

Nippers Sand Training 2025

The Club offers a fantastic sand program for our U9-U14 Nippers who wish to improve their skills and race technique in beach sprints, beach flags, sprint relays and beach runs, as well as to improve their fitness.

Coach: Jayson Lincoln. Jayson trains sand skills professionally, is a current sand competitor, a state and national title holder and a former Bronte nipper!

Training sessions

This season we are collaborating with Bondi SBSLC!

- Commencement Date: 17 October 2025
- Location: Bondi Beach (meet on sand in front of Bondi SBSLC)
- Wednesday 4pm – 5pm
- Friday 4pm – 5pm

The program will comprehensively cover sand skills - sprints, flags, relays and beach runs. It will focus on race technique, power, speed, acceleration, agility and baton changes to ensure our sand competitors develop well rounded skills. Focus may change session to session, as communicated via WhatsApp.

Communication

Please join the 'Bronte Sand Training' WhatsApp chat via the Bronte Nippers WhatsApp Community to receive communications.

Competitors: join the 'Carnivals' Chat within the Bronte Nippers WhatsApp Community. We also recommend joining the 'Surf Sports Sydney' team within Stack Team App (an SLS Sydney Branch team).

Training Fees

- Season fee: \$330 (covers sand and board training)
- Payable via your SLS Hub by 21 October 2025:
 - Log into your SLS Hub
 - Click on 'More' (top of screen) → 'Memberships' → 'Organisation(s)' → 'Make a Payment'
 - Use the following: Transaction Type: Other (from drop down list) → Description: Nipper training for [full name of child] → Amount: \$330
- Refunds: available for any reason if written notice is received by end October 2025. No refunds after 31 October 2025.

Come ready to learn!

These sessions are for U9+ Nippers who are keen to learn and improve. Nippers who are disruptive or disrespectful will not be welcome and parents are expected to reinforce this message.